



LES MILLS VIRTUAL

FACTS AND QUESTIONS

Are virtual classes replacing instructor led classes?

It is not our intention to replace our instructor led sessions with virtual classes. Virtual classes will however be used to cover last minute sicknesses or for holiday cover where instructors are unavailable (by adding virtual classes we are able to offer an extended programme with a wider variety of classes at off-peak times).

Do I need to book virtual classes?

Yes you need to book virtual classes online before attending. This way we can ensure the studio is ready for each member and all checks are completed before the class begins.

Where do I check in for a virtual class?

You can check in for virtual classes at either the main or the gym reception. Kiosks cannot be used to check in. You must check in for all virtual classes prior to the class and keep your ticket as proof of booking.

Who can attend virtual classes?

Scheduled virtual classes are only accessible to pay monthly and annual members.

Can I attend a Les Mills virtual class if I've never been to an instructor led Les Mills class before?

The virtual classes are a great way to build confidence and abilities before attending an instructor led class. However we advise all of our members to take part in a Les Mills instructor led class if you are not familiar with the equipment used within that programmed class.

How long is a virtual class?

Virtual classes follow the same run time as instructor led Les Mills classes, between 30 minutes and 1 hour. HIIT classes such as SPRINT & GRIT run for 30 minutes, classes such as BODY PUMP and BODY COMBAT run for 45 minutes however we do have some 1 hour classes scheduled. The class duration can be found in the class timetable.

Are there age restrictions for virtual classes?

Each of our Les Mills virtual classes can be attended by pre-paid members aged 16+ except for Body Pump, GRIT Athletic & GRIT Strength where members need to be aged 18+.

Do you recommend anything for people who are new to fitness classes and training in general?

For those of you who are new to training we have made a Start Smart programme in conjunction with Les Mills. These can be collected from any Activ8 gym and are a 6 week guide to help you take your fitness to the next level by starting slowly, building gradually and mixing things up. As always speak to an advisor if you're unsure of need any more information.

What do I do if I have a pre-existing medical condition?

As a pre-paid member you will have attended your member journey appointment and made us aware of any medical conditions and have therefore been advised as to what types of activity are suitable for you. We would advise you to check with your GP and inform one of our health and fitness advisors/coaches should there be any change to your health.

IF YOU HAVE ANY MORE QUESTIONS PLEASE ASK AN ADVISOR